

[illegible][illegible]

WEEK 33

STEP NINE, PART ONE

☐ Self Help Meetings

1. _____
 Date _____ Sign _____

2. _____
 Date _____ Sign _____

3. _____
 Date _____ Sign _____

4. _____
 Date _____ Sign _____

☐ Counseling Appointments

1. _____
 Date _____ Sign _____

2. _____
 Date _____ Sign _____

Week-to-Week Workbook ☐

Physical Activity ☐ _____

Daily Prayer/Meditation ☐ ☐ ☐ ☐ ☐ ☐ ☐

Drug Screens ☐ _____ ☐ _____

PBT's ☐ ☐ ☐ ☐ ☐ ☐

Other _____

[illegible]

WEEK 38

BUILDING YOUR RESUME

☐ Self Help Meetings

1. _____

Date

Sign

2. _____

Date

Sign

3. _____

Date

Sign

4. _____

Date

Sign

☐ Counseling Appointments

1. _____

Date

Sign

2. _____

Date

Sign

Week-to-Week Workbook ☐

Physical Activity ☐ _____

Daily Prayer/Meditation ☐ ☐ ☐ ☐ ☐ ☐ ☐

Drug Screens ☐ _____ ☐ _____

PBT's ☐ ☐ ☐ ☐ ☐ ☐ ☐

Other _____

[illegible]

WEEK 42

AFTERCARE, PART ONE

☐ Self Help Meetings

1. _____
 Date _____ Sign _____

2. _____
 Date _____ Sign _____

3. _____
 Date _____ Sign _____

4. _____
 Date _____ Sign _____

☐ Counseling Appointments

1. _____
 Date _____ Sign _____

2. _____
 Date _____ Sign _____

Week-to-Week Workbook ☐

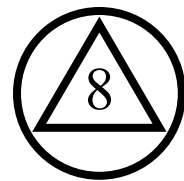
Physical Activity ☐ _____

Daily Prayer/Meditation ☐ ☐ ☐ ☐ ☐ ☐ ☐

Drug Screens ☐ _____ ☐ _____

PBT's ☐ ☐ ☐ ☐ ☐ ☐

Other _____

[illegible]

WEEK 36

□ Self Help Meetings

1.

Date	Sign
------	------

2
Date Sign

3
Date Sign

Date
Sign

□ Counseling Appointments

1.

Date	Sign
------	------

2.

Date Sign

Week-to-Week Workbook □

Physical Activity ☐ _____

Daily Prayer/Meditation ☐☐☐☐☐☐☐

Drug Screens ☐ _____ ☐ _____[illegible]

Other_____

NOTES



WEEK 32

□ Self Help Meetings

1.

Date	Sign
------	------

Date

Sign

3

 Date Sign

4
Date Sign

□ Counseling Appointments

1.	
Date	Sign

2.

Date	Sign
------	------

Week-to-Week Workbook □

Physical Activity ☐ _____[illegible]Drug Screens ☐ _____ ☐ _____[illegible]

Other_____

NOTES

"I worked my using hard, so now I want to work my sobriety hard."

-*AA*

WEEK 39	
INTERVIEW FOR YOUR DREAM JOB	
<input type="checkbox"/> Self Help Meetings	
1.	<hr/>
Date	Sign
2.	<hr/>
Date	Sign
3.	<hr/>
Date	Sign
<input type="checkbox"/> Counseling Appointments	
1.	<hr/>
Date	Sign
2.	<hr/>
Date	Sign
Week-to-Week Workbook <input type="checkbox"/>	
Physical Activity <input type="checkbox"/> _____	
Daily Prayer/Meditation <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Drug Screens <input type="checkbox"/> _____ <input type="checkbox"/> _____	
PBT's <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other _____ _____	

[illegible]

WEEK 43	
AFTERCARE, PART TWO	
<input type="checkbox"/> Self Help Meetings	
1.	
Date	Sign
2.	
Date	Sign
3.	
Date	Sign
4.	
Date	Sign
<input type="checkbox"/> Counseling Appointments	
1.	
Date	Sign
2.	
Date	Sign
Week-to-Week Workbook <input type="checkbox"/>	
Physical Activity <input type="checkbox"/> _____	
Daily Prayer/Meditation <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Drug Screens <input type="checkbox"/> _____ <input type="checkbox"/> _____	
PBT's <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other _____	

NOTES

"The moment we tell our families
that we are really going to try the
program, the process has begun"

-AA 12 & 12

WEEK 35
STEP NINE, PART THREE

☐ Self Help Meetings

1.	
Date	Sign

2
Date _____ Sign _____

3
Date Sign

Date
Sign

□ Counseling Appointments

1.	
Date	Sign

2.

Date Sign

Week-to-Week Workbook ☐Physical Activity ☐ _____

Daily Prayer/Meditation □ □ □ □ □ □ □

Drug Screens ☐ ☐

PBT's □ □ □ □ □ □ □

Other_____

NOTES

[illegible]

WEEK 31
STEP EIGHT, PART ONE

□ Self Help Meetings

1.	
Date	Sign

2
Date _____ Sign _____

3
Date _____ Sign _____

Date
Sign

□ Counseling Appointments

1.	
Date	Sign

2.

Date Sign

Week-to-Week Workbook ☐Physical Activity ☐ _____

Daily Prayer/Meditation ☐☐☐☐☐☐☐

Drug Screens ☐ ☐[illegible]

Other_____

NOTES

"AA is not for people who need it, it's for people who want it."

"AA is not for people who need it, it's for people who want it."

-*AA*

WEEK 40
STEP TEN

☐ Self Help Meetings

1. _____
Date Sign _____

2. _____
Date Sign _____

3. _____
Date Sign _____

4. _____
Date Sign _____

☐ Counseling Appointments

1. _____
Date Sign _____

2. _____
Date Sign _____

Week-to-Week Workbook ☐

Physical Activity ☐ _____

Daily Prayer/Meditation ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Drug Screens ☐ _____ ☐ _____

PBT's ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Other _____

[illegible]

WEEK 44
**YOUR LAST WEEK, YOUR FIRST
OPEN TALK (STEP 12)**

☐ Self Help Meetings

1. _____
Date Sign _____
2. _____
Date Sign _____
3. _____
Date Sign _____
4. _____
Date Sign _____

☐ Counseling Appointments

1. _____
Date Sign _____
2. _____
Date Sign _____

Week-to-Week Workbook ☐
Physical Activity ☐ _____
Daily Prayer/Meditation ☐ ☐ ☐ ☐ ☐ ☐ ☐
Drug Screens ☐ _____ ☐ _____
PBT's ☐ ☐ ☐ ☐ ☐ ☐ ☐

PHASE FOUR OBJECTIVES

In Phase Four the client will:

1. Begin to examine their past and identify situations when they hurt others around them.
2. Find ways to reconcile past situations in which they harmed others;
3. Complete an in-depth study on Step Eight, Nine, Ten, Eleven, and Twelve of the AA and Wellbriety programs;
4. Receive a personal business make-over;
5. Improve their job interviewing skills;
6. Build a resume;
7. Have a deep consciousness of a higher power;
8. Be comfortable admitting when they are wrong;
9. Remain abstinent from drugs and alcohol.
10. Carry a message of hope to the LTBB community

WEEK 34

☐ Self Help Meetings

1.

Date	Sign
------	------

2
Date Sign

3
Date Sign

Date
Sign

□ Counseling Appointments

1.

Date	Sign
------	------

2.

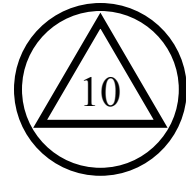
Date Sign

Week-to-Week Workbook ☐Physical Activity ☐ _____[illegible]Drug Screens ☐ _____ ☐ _____

PBT's □ □ □ □ □ □ □

Other _____

NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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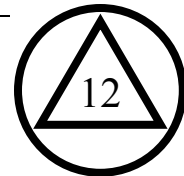
WEEK 41
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WEEK 43
AFTERCARE, PART TWO

WEEK 44
YOUR LAST WEEK AND YOUR FIRST LEAD

NOTES

[illegible]

“AA is an education without graduation..”

-*AA*

BRAVERY

WEEK 41 STEP ELEVEN

☐ Self Help Meetings

1.		
	Date	Sign
2.		
	Date	Sign
3.		
	Date	Sign
4.		
	Date	Sign

☐ Counseling Appointments

1.		
	Date	Sign
2.		
	Date	Sign

Week-to-Week Workbook ☐

Physical Activity ☐ _____

Daily Prayer/Meditation ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Drug Screens ☐ _____ ☐ _____

PBT's ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Other _____

NOTES

“An alcoholic is chosen to find God.”



Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

